

Wildfires and Your Health

How can wildfire smoke affect my health?



- Irritated Eyes



- Chest pain
- Inflammation
- Irregular heartbeat
- Heart failure



- Difficulty breathing
- Wheezing
- Bronchitis
- Cough

Who is most sensitive to wildfire smoke?

Pregnant Women

Children

Older Adults

People with
Heart Disease

People with Asthma
or Other Lung Diseases

How can I protect myself and my family?

LIMIT HOW MUCH SMOKE YOU INHALE

- Remain indoors with windows and doors closed, or seek other shelter
- **Avoid intense physical activity**
- If available, use central air conditioning. Make sure you have a clean filter and that it is set on "recirculate" mode
- Use an air purifier
- **Avoid using a whole house fan/swamp cooler**

How can I get air quality updates?



1. Before fire season
Sign up for air
quality alerts
airalerts.org

AirAlerts.org

2. During a fire
Follow SCAQMD air
quality advisories
aqmd.gov/advisory



**Smoke
Advisory**

3. Always
Check current air
quality conditions
aqmd.gov/aqimap



***Do not rely on dust masks for protection:** People who must be outside for extended periods of time in smoky air may benefit from using a **N95** or **P100** filtering facepiece to help reduce their exposure. More information on how to select and use a proper respirator from the California Department of Public Health.